

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Energy (kcal)

Food Groups: Vegetables and Vegetable Products
Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: July 12, 2016 07:49 EDT

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	744
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	714
11413	Potato flour	160.0	1.0 cup	571
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	413
11450	Soybeans, green, raw	256.0	1.0 cup	376
11414	Potato salad, home-prepared	250.0	1.0 cup	358
11134	Cassava, raw	206.0	1.0 cup	330
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	328
11656	Corn pudding, home prepared	250.0	1.0 cup	328
11667	Seaweed, spirulina, dried	112.0	1.0 cup	325
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	323
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	323
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	315
11432	Radishes, oriental, dried	116.0	1.0 cup	314
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	296
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	290
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	281
11426	Pumpkin pie mix, canned	270.0	1.0 cup	281
11349	Poi	240.0	1.0 cup	269
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	266
11514	Sweet potato, canned, mashed	255.0	1.0 cup	258
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	254
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	254
11683	Carrot, dehydrated	74.0	1.0 cup	252
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	249
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	249
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	244
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	243

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	237
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	237
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	237
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	234
11658	Spinach souffle	136.0	1.0 cup	234
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	232
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	230
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	228
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	227
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	227
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	224
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	223
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	222
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	221
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	219
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	216
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	216
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	216
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	214
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	213
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	212
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	212
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	212
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	212
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	209
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	209
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	209
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	205
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	204
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	203
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	203
11215	Garlic, raw	136.0	1.0 cup	203
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	202
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	189
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	189
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	189

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11212	Edamame, frozen, prepared	155.0	1.0 cup	188
11878	Taro, cooked, with salt	132.0	1.0 cup slices	187
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	187
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	185
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	184
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	184
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	184
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	182
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	180
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	180
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	85.0	3.0 oz	178
11601	Yam, raw	150.0	1.0 cup, cubes	177
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	176
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	176
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	176
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	176
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	175
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	175
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	174
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	172
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	170
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	170
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	170
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	170
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	169
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	169
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	166
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	166
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	166
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	166
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	166
31031	Potatoes, french fried, cross cut, frozen, unprepared	85.0	3.0 oz	164
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	164
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	164
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	162
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	162

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	161
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	160
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	160
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	158
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	158
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	158
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	157
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	156
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	156
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	155
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	155
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	155
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	155
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	155
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	155
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	152
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	152
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	152
11618	Eppaw, raw	100.0	1.0 cup	150
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	149
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	148
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	146
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	146
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	145
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	145
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	142
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	142
31029	Potatoes, french fried, wedge cut, frozen, unprepared	85.0	3.0 oz	141
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	141
11955	Tomatoes, sun-dried	54.0	1.0 cup	139
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	85.0	3.0 oz	138
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	138
31025	Sweet Potato puffs, frozen, unprepared	85.0	3.0 oz	137
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	134
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	134
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	134

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	134
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	133
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	132
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	132
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	132
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	132
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	132
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	131
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	130
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	130
11211	Edamame, frozen, unprepared	118.0	1.0 cup	129
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	127
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	127
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	125
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	123
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	120
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	120
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	120
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	119
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	119
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	119
11304	Peas, green, raw	145.0	1.0 cup	117
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	85.0	3.0 oz	117
11518	Taro, raw	104.0	1.0 cup, sliced	116
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	116
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	115
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	115
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	115
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	115
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	115
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	115
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	114
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	114
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	112
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	111
11973	Beans, fava, in pod, raw	126.0	1.0 cup	111

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	110
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	110
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	110
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	110
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	110
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	109
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	109
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	109
11376	Potatoes, canned, drained solids	180.0	1.0 cup	108
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	105
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	103
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	103
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	102
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	102
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	102
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	101
11298	Parsnips, raw	133.0	1.0 cup slices	100
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	100
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	99
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	98
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	97
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	97
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	96
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	95
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	95
11655	Carrot juice, canned	236.0	1.0 cup	94
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	94
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	94
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	93
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	93
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	92
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	92
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	92
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	88
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	88
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	88

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	86
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	86
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	86
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	86
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	85
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	85
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	85
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	83
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	83
11846	Pumpkin, canned, with salt	245.0	1.0 cup	83
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	83
11424	Pumpkin, canned, without salt	245.0	1.0 cup	83
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	83
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	82
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	82
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	82
11248	Lentils, sprouted, raw	77.0	1.0 cup	82
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	81
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	81
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	81
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	81
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	81
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	80
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	80
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	80
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	80
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	78
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	78
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	78
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	78
11697	Arrowroot, raw	120.0	1.0 cup, sliced	78
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	77
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	77
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	76
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	76
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	76

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	76
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	76
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	76
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	75
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	74
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	74
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	72
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	72
11230	Pepeao, dried	24.0	1.0 cup	72
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	71
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	71
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	70
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	69
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	85.0	3.0 oz	69
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	68
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	68
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	68
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	67
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	67
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	67
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	67
43146	Eggplant, pickled	136.0	1.0 cup	67
11972	Lemon grass (citronella), raw	67.0	1.0 cup	66
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	66
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	66
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	66
11141	Celeriac, raw	156.0	1.0 cup	66
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	65
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	65
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	64
11282	Onions, raw	160.0	1.0 cup, chopped	64
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	64
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	64
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	63
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	63
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	63

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	63
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	62
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	62
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	62
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	61
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	61
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	61
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	61
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	61
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	60
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	60
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	60
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	60
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	60
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	60
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	59
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	59
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	59
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	59
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	59
11549	Tomato products, canned, sauce	245.0	1.0 cup	59
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	59
11080	Beets, raw	136.0	1.0 cup	58
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	58
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	58
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	58
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	58
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	57
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	57
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	57
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	57
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	56
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	56
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	55
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	55
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	55

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11525	Taro, tahitian, raw	125.0	1.0 cup slices	55
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	55
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	55
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	54
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	54
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	54
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	54
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	53
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	53
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	52
11124	Carrots, raw	128.0	1.0 cup chopped	52
11435	Rutabagas, raw	140.0	1.0 cup, cubes	52
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	52
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	52
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	52
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	243.0	8.0 oz	51
31006	CAMPBELL'S, Organic Tomato juice	243.0	8.0 fl oz	51
31001	CAMPBELL'S, Tomato juice	243.0	8.0 fl oz	51
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	51
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	51
31007	HEALTHY REQUEST Tomato juice	243.0	8.0 fl oz	51
31002	CAMPBELL'S, Tomato juice, low sodium	243.0	8.0 fl oz	51
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	51
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	51
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	243.0	8.0 fl oz	51
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	51
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	50
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	50
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	49
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	49
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	49
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	49
11987	Mushrooms, oyster, raw	148.0	1.0 large	49
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	49
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	49
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	48

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	48
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	48
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	48
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	48
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	48
11978	Peppers, ancho, dried	17.0	1.0 pepper	48
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	48
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	47
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	47
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	46
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	46
11015	Asparagus, canned, drained solids	242.0	1.0 cup	46
11603	Yambean (jicama), raw	120.0	1.0 cup slices	46
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	46
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	45
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	45
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	45
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	44
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	44
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	44
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	44
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	44
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	44
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	44
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	44
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	44
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	44
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	44
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	44
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	43
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	43
11154	Chicory roots, raw	60.0	1.0 root	43
11199	Yardlong bean, raw	91.0	1.0 cup slices	43
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	43
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	42
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	42

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	42
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	42
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	42
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	42
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	42
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	42
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	41
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	41
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	41
11527	Tomatoes, green, raw	180.0	1.0 cup	41
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	41
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	41
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	41
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	41
11961	Hearts of palm, canned	146.0	1.0 cup	41
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	41
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	41
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	40
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	40
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	40
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	39
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	39
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	39
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	39
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	39
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	39
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	39
11693	Tomatoes, crushed, canned	121.0	0.5 cup	39
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	38
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	38
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	38
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	38
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	38
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	38
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	38
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	38

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11098	Brussels sprouts, raw	88.0	1.0 cup	38
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	38
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	38
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	38
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	38
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	38
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	38
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	37
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	37
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	37
11620	Drumstick pods, raw	100.0	1.0 cup slices	37
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	37
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	37
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	37
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	36
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	36
11241	Kohlrabi, raw	135.0	1.0 cup	36
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	36
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	36
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	36
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	36
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	36
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	36
11564	Turnips, raw	130.0	1.0 cup, cubes	36
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	36
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	36
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	36
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	36
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	36
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	36
43144	Cabbage, mustard, salted	128.0	1.0 cup	36
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	35
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	35
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	35
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	35
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	35

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	35
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	35
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	35
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	35
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	35
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	35
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	35
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	35
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	35
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	34
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	34
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	34
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	34
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	34
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	34
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	34
11976	Pepper, banana, raw	124.0	1.0 cup	33
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	33
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	33
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	33
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	33
11278	Okra, raw	100.0	1.0 cup	33
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	33
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	33
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	32
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	32
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	32
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	32
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	32
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	32
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	32
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	32
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	32
11741	Broccoli, stalks, raw	114.0	1.0 stalk	32
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	32
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	31

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	31
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	31
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	31
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	31
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	31
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	31
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	31
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	31
11090	Broccoli, raw	91.0	1.0 cup chopped	31
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	31
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	31
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	31
11122	Cardoon, raw	178.0	1.0 cup, shredded	30
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	30
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	30
11616	Dock, raw	133.0	1.0 cup, chopped	29
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	29
11980	Peppers, chili, green, canned	139.0	1.0 cup	29
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	29
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	29
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	29
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	29
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	29
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	28
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	28
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	28
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	28
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	28
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	28
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	28
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	28
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	28
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	28
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	28
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	28
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	28

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	28
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	28
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	28
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	27
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	27
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	27
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	27
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	27
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	27
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	27
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	27
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	27
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	27
11011	Asparagus, raw	134.0	1.0 cup	27
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	27
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	27
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	27
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	27
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	26
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	26
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	26
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	26
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	26
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	26
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	26
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	25
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	25
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	25
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	25
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	25
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	25
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	25
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	25
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	25
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	25
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	25

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11005	Arrowhead, raw	25.0	1.0 large	25
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	24
11982	Peppers, pasilla, dried	7.0	1.0 pepper	24
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	24
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	24
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	24
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	24
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	24
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	24
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	24
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	23
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	23
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	23
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	23
11118	Cabbage, kimchi	150.0	1.0 cup	22
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	22
11964	Nopales, cooked, without salt	149.0	1.0 cup	22
11109	Cabbage, raw	89.0	1.0 cup, chopped	22
11362	Potatoes, raw, skin	38.0	1.0 skin	22
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	22
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	22
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	22
11297	Parsley, fresh	60.0	1.0 cup chopped	22
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	22
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	22
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	22
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	22
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	22
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	22
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	21
11430	Radishes, oriental, raw	116.0	1.0 cup slices	21
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	21
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	21
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	21
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	21
11209	Eggplant, raw	82.0	1.0 cup, cubes	20

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11240	Mushrooms, morel, raw	66.0	1.0 cup	20
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	20
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	20
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	20
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	20
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	20
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	20
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	20
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	20
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	20
11965	Cauliflower, green, raw	64.0	1.0 cup	20
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	20
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	20
11023	Balsam-pear (bitter melon), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	20
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	20
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	20
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	20
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	20
11945	Pickle relish, sweet	15.0	1.0 tbsp	20
11969	Broccoli, chinese, cooked	88.0	1.0 cup	19
11958	Pickle relish, hamburger	15.0	1.0 tbsp	19
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	19
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	19
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	19
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	19
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	19
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	19
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	19
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	19
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	19
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	19
11613	Borage, raw	89.0	1.0 cup (1" pieces)	19
11429	Radishes, raw	116.0	1.0 cup slices	19
11710	Balsam-pear (bitter melon), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	19
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	18
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	18

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	18
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	18
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	18
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	18
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	18
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	18
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	18
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	18
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	18
11568	Turnip greens, raw	55.0	1.0 cup, chopped	18
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	18
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	17
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	17
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	17
11935	Catsup	17.0	1.0 tbsp	17
11949	Catsup, low sodium	17.0	1.0 tbsp	17
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	17
11941	Pickles, cucumber, sour	155.0	1.0 cup	17
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	17
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	17
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	16
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	16
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	16
11143	Celery, raw	101.0	1.0 cup chopped	16
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	16
11203	Cress, garden, raw	50.0	1.0 cup	16
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	16
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	16
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	16
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	16
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	15
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	15
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	15
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	15
11270	Mustard greens, raw	56.0	1.0 cup, chopped	15
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	15

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	15
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	15
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	15
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	15
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	14
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	14
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	14
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	14
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	14
11963	Nopales, raw	86.0	1.0 cup, sliced	14
11944	Pickle relish, hot dog	15.0	1.0 tbsp	14
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	14
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	13
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	13
11106	Butterbur, (fuki), raw	94.0	1.0 cup	13
11970	Cabbage, napa, cooked	109.0	1.0 cup	13
11974	Grape leaves, raw	14.0	1.0 cup	13
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	13
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	12
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	12
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	12
11285	Onions, canned, solids and liquids	63.0	1.0 onion	12
11520	Taro leaves, raw	28.0	1.0 cup	12
11190	Cornsalad, raw	56.0	1.0 cup	12
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	12
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	12
11161	Collards, raw	36.0	1.0 cup, chopped	12
43406	Yeast extract spread	6.0	1.0 tsp	11
11954	Tomatillos, raw	34.0	1.0 medium	11
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	11
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	11
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	10
11986	Malabar spinach, cooked	44.0	1.0 cup	10
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	10
11231	Jute, potherb, raw	28.0	1.0 cup	10
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	9

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	9
11952	Radicchio, raw	40.0	1.0 cup, shredded	9
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	9
11446	Seaweed, laver, raw	26.0	10.0 sheets	9
11151	Chicory, witloof, raw	53.0	1.0 head	9
11096	Broccoli raab, raw	40.0	1.0 cup chopped	9
11427	Purslane, raw	43.0	1.0 cup	9
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	8
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	8
11086	Beet greens, raw	38.0	1.0 cup	8
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	8
31015	PACE, Diced Green Chilies	30.0	2.0 tbsp	8
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	8
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	8
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	8
11981	Peppers, hungarian, raw	27.0	1.0 pepper	8
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	8
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	8
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	8
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	8
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	8
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	7
11418	Pumpkin leaves, raw	39.0	1.0 cup	7
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	7
11677	Shallots, raw	10.0	1.0 tbsp chopped	7
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	7
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	7
11457	Spinach, raw	30.0	1.0 cup	7
11147	Chard, swiss, raw	36.0	1.0 cup	7
11152	Chicory greens, raw	29.0	1.0 cup, chopped	7
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	6
11003	Amaranth leaves, raw	28.0	1.0 cup	6
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	6
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	6
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	6
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	5

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11960	Carrots, baby, raw	15.0	1.0 large	5
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	5
11416	Pumpkin flowers, raw	33.0	1.0 cup	5
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	5
11522	Taro shoots, raw	43.0	0.5 cup slices	5
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	4
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	4
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	4
11213	Endive, raw	25.0	0.5 cup, chopped	4
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	4
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	4
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	4
31014	PACE, Jalapenos Nacho Sliced Peppers	30.0	1.0 oz	4
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	4
11591	Watercress, raw	34.0	1.0 cup, chopped	4
11108	Butterbur, canned	124.0	1.0 cup, chopped	4
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	3
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	3
11953	Squash, zucchini, baby, raw	16.0	1.0 large	3
11640	Shallots, freeze-dried	0.9	1.0 tbsp	3
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	3
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	3
11975	Grape leaves, canned	4.0	1.0 leaf	3
11943	Pimento, canned	12.0	1.0 tbsp	3
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	3
11950	Mushrooms, enoki, raw	5.0	1.0 large	2
11292	Onions, young green, tops only	6.0	1.0 tbsp	2
11216	Ginger root, raw	2.0	1.0 tsp	2
11145	Celtuce, raw	8.0	1.0 leaf	1
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	1
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	1
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	1
11625	Parsley, freeze-dried	0.4	1.0 tbsp	1
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	1
11156	Chives, raw	3.0	1.0 tbsp chopped	1
11447	Sesbania flower, raw	3.0	1.0 flower	1

NDB_No	Description	Weight(g)	Measure	Energy(kcal) Per Measure
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	1
11615	Chives, freeze-dried	0.2	1.0 tbsp	1
11959	Arugula, raw	2.0	1.0 leaf	0
11984	Epazote, raw	0.8	1.0 tbsp	0